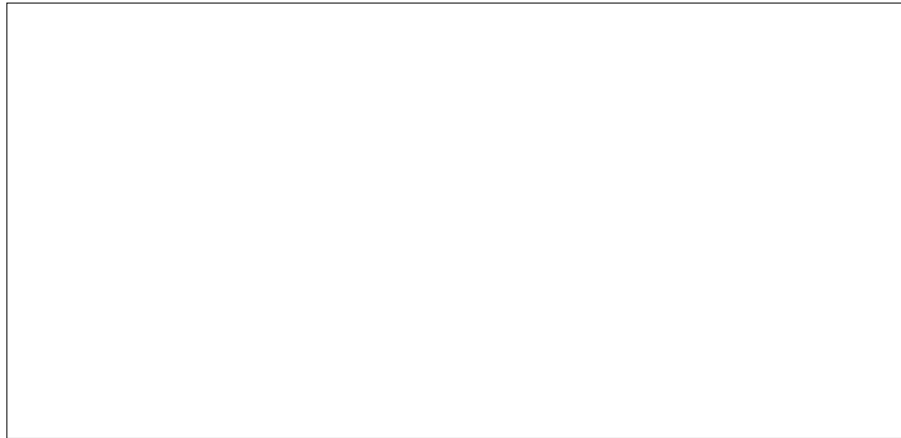




6135 E Street  
Springfield, OR 97478

Stamp



**Administrative Team:**

**Executive Director: Brandy Harris**

**Wellness Director: Kevin Conradsen**

**Business Office Director: Destiny Beatty**

**Community Relations Dir.: Annie Gaca**

**Dining Services Director: Mike Madrigal**

**Maintenance Director: Richard Wyncoop**

**Life Enrichment Director: Cheri Demarest**

**Connect:**

**541-225-0200**

**[info@sweetbriarvilla.com](mailto:info@sweetbriarvilla.com)**

**[www.sweetbriarvilla.com](http://www.sweetbriarvilla.com)**

**[facebook.com/sweetbriarviallaseniorliving](https://facebook.com/sweetbriarviallaseniorliving)**

**Our mission is to create and sustain comfortable, caring environments for those who depend on us.**

# Sweetbriar Villa Bulletin

**May 2021 Newsletter**



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**3 Team & Resident Spotlight**  
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# Hands On Arthritis Facts and Care Tips

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one's ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

### Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



**American Adults Diagnosed: 54 million+**  
**Americans Likely to Have Arthritis: 91 million**  
**Types of Arthritis That Exist: Over 100**  
**Working Adults With Arthritis: 60%**

### Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you've found this helpful or received relief from these tips!

## Special Moments



## Happy Birthday!



**Wanda: May 2nd**      **Chase: May 7th**  
**Ann U.: May 9th**      **Kayla: May 17th**

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!

# May 2021 Highlights

**May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!**

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking Day	

**Regarding Covid-19:** Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

## May 6th is Beverage Day!

**Our residents and staff shared their favorite drinks!**

"Iced Tea" - Randy

"Orange Juice" - Mary

"Diet Pepsi" - Ann U.

"Coffee" - Christine

"Squirt" - Karrie

"Tea" - Evie

"Pepsi" - Eva

"Good gin" - Jerry



## Staff Spotlight: Kayla

**Kayla is our staff spotlight for May!**

Kayla has been a caregiver and med tech at Sweetbriar for almost a year. Kayla's coworkers describe her as outgoing, bubbly, funny, artistic, kind, and a hard worker.

Kayla wants a career where she can help people, and loves her job at Sweetbriar because of that. She also loves children, and has worked in a preschool. Kayla is incredibly compassionate, kind, and patient. Kayla is an amazing artist, and loves to share her artistic side with the residents and the staff. She even did a painting class for the residents last winter!

**We are really lucky to have Kayla on our team, and part of our Sweetbriar family!**



## Resident Spotlight: Eva

**Our May resident spotlight shines on Eva!**

Eva lived most of her life in Cottage Grove, and was married to her husband Thomas for 40 years. Eva is a proud mother and a grandmother.

Eva is passionate about art, especially drawing and painting. She said if she could still do it, she would share her gift with the world! Eva also has a very special place in her heart for all animals, and loves caring for them. Eva is very compassionate, and loves to make people happy. Eva also has a sense of humor, and always makes staff laugh.

**We are so lucky to have Eva as part of our Sweetbriar family!**

# MAY 2021

Sweetbriar Villa

• 6135 E St., Springfield, OR 97478

• 541-225-0200

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
2 (1st in last box) 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	3 10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE	4 10:30 KARAOKE 11:00 FITNESS CHOICE 11:30 SCENIC WALK 2:00 FOOD COMMITTEE 2:30 RESIDENT COUNCIL 3:30 BINGO	5 CINCO DE MAYO 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 SCENIC DRIVE 2:15 BINGO 3:30 MARGARITA HAPPY HOUR	6 10:30 DOOR TO DOOR VISITS 11:15 DINING ROOM GAMES 11:45 FITNESS CHOICE 2:15 BINGO 3:30 MC ACTIVITY BOX	7 10:15 MC ACTIVITY BOX 10:45 IN2L TRAVEL 11:15 PUZZLES 12:30 MOTHERS DAY COOK OUT 2:15 BINGO	8 10:30 DAILY DEVOTIONAL 11:00 IN2L HISTORY 11:30 IN2L FITNESS 2:00 MATINEE
9 MOTHERS DAY 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	10 10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 3:30 MATINEE	11 10:30 KARAOKE 11:00 FIRE SIDE CHAT WITH BRANDY 11:30 SCENIC WALK 2:30 TEASDAY 3:30 BINGO	12 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 IN2L WORD GAMES 11:15 IN2L FITNESS 2:15 BINGO 3:30 SCENIC DRIVE	13 10:30 DOOR TO DOOR VISITS 11:15 DINING ROOM GAMES 11:45 FITNESS CHOICE 2:15 BINGO 3:30 MC ACTIVITY BOX	14 10:15 MC ACTIVITY BOX 10:45 IN2L TRAVEL 11:15 IN2L GAMES 2:15 BINGO 3:30 CREATIVITY ZONE	15 10:30 DAILY DEVOTIONAL 11:00 SATURDAY SNOW CONES 11:30 IN2L FITNESS 2:00 MATINEE
16 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	17 10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE	18 10:30 KARAOKE 11:00 FITNESS CHOICE 11:15 1:1 HAND CHALLENGE 11:30 SCENIC WALK 2:30 BIRTHDAY SOCIAL 3:30 BINGO	19 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 SCENIC DRIVE 2:15 BINGO 3:30 IN2L CHOICE 4:00 1:1 HAND CHALLENGE	20 10:30 DOOR TO DOOR VISITS 11:15 DINING ROOM GAMES 11:45 FITNESS CHOICE 2:15 BINGO 3:30 1:1 HAND CHALLENGE	21 10:15 MC ACTIVITY BOX 10:45 TRAVEL 11:15 PUZZLES 2:15 BINGO 3:30 CREATIVITY ZONE MC 4:00 1:1 HAND CHALLENGE	22 10:30 DAILY DEVOTIONAL 11:00 IN2L HISTORY 11:30 IN2L FITNESS 12:00 1:1 HAND CHALLENGE 2:00 MATINEE
23 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	24 10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE	25 10:30 KARAOKE 11:00 FITNESS CHOICE 11:30 SCENIC WALK 2:30 TATTOOS-DAY 3:30 BINGO	26 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 IN2L WORD GAMES 11:15 IN2L FITNESS 2:15 BINGO 3:30 SCENIC DRIVE	27 10:30 DOOR TO DOOR VISITS 11:15 DINING ROOM GAMES 11:45 FITNESS CHOICE 2:15 BINGO 3:30 MC ACTIVITY BOX	28 FRIDAY FUNDAY “ROAD TRIP DAY” 10:15 SCENIC DRIVE 10:15 IN2L TRAVEL 12:30 BBQ ON THE PATIO 2:15 IN2L CITY TOUR 3:30 SCENIC DRIVE	29 10:30 DAILY DEVOTIONAL 11:00 SATURDAY SNOW CONES 11:30 IN2L FITNESS 2:00 MATINEE
30 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	31 MEMORIAL DAY 10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L MEMORIAL DAY 2:15 MEMORIAL DAY CARNIVAL 3:30 MATINEE	<b>All activities subject to change per mandated health guidelines.</b>	<b><u>DAILY ACTIVITIES (AL) :</u></b> • ADULT COLORING • IN2L FREE PLAY • PUZZLES • READING • IN2L FITNESS • FAMILY CONNECTION	<b><u>DAILY ACTIVITIES (MC):</u></b> • MANICURES • PUZZLES • COLORING • BALLOON GAME • ACTIVITY BOXES	<b><u>MAY BIRTHDAYS</u></b>  WANDA—MAY 2ND ANN U.—MAY 9TH  CHASE—MAY 7TH KAYLA—MAY 17TH	1st  10:30 DAILY DEVOTIONAL 11:00 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE